

Calvert County Therapeutic Recreation

# TR Healthy Lifestyles



This FREE program is designed for individuals 18 years and older with various disabilities committed to learning and maintaining a healthy lifestyle. This class will include interactive health and nutrition lessons as well as exercise programs and trips to utilize local community health resources.

**Activity # 372330**

**Thursdays**

**Dec. 2-Feb. 17\***

**\*No class on Dec. 23 or Dec. 30**

**Harriet E. Brown Community Center**



For more information, or to register, please call the Therapeutic Recreation Office at  
410-535-1600 extension 8204 or 8205 or visit [www.webtrac.co.cal.md.us](http://www.webtrac.co.cal.md.us)  
Maryland Relay for Speech and Hearing Impaired 800-735-2258